

First Look

Amateur show

Amateur Night is at 8 p.m. tonight at the Top of the Rock Club. Sign ups begin at 6 p.m., performances are restricted to 10 minutes. Prizes awarded to the top three performances. Sing, play an instrument, perform magic, tell jokes, etc. For more information, call Master Sgt. Darcy Eubanks at 2-1319.

Softball

The 65th Civil Engineer Squadron is having a softball tournament at the security forces field and the Oceanview field Saturday and Sunday. The games begin at 9 a.m. at the SF field and at 11 a.m. at the Oceanview field.

Road closure

The road between the Top of the Rock Club and the control tower is closed for repaving through Saturday. The bowling center and Burger King customers must access the parking lot using the road next to the Mid-Atlantic Lodge between Bldg. T-166 and T-167.

Bullfight festival

There will be a local amateur bullfighter's festival at 5 p.m. Sunday at the Angra Bullring. Tickets are 5 euros and can be purchased at the door two hours before the show.

LADD rides:

The new number for the LADD van is 963-308-791.

Preflight

■ *Days since last DUI* 4
 ■ *DUIs since Jan. 1* 2
 ■ *Current AEF* 3 & 4
 ■ *Current FPCON* Alpha
 ■ *Combat Nighthawk:*
Capt. Jerry Ottinger, 65th Logistics Readiness Squadron;
Senior Master Sgt. Oakley Coleman, 65th Mission Support Squadron;
Tech. Sgt. James Wall, 65th Communications Squadron

Youth talent



"The Slackers," Ryan Riordan, Kevin Davis, Kyed Najdawi and Chris Erwin performed at the Lajes Youth Talent Show at the Community Activity Center Saturday. The categories were: vocal - male/female vocalist, vocal group; instrumental - solo, combo and group; and performing arts - musical variety, specialty, dance. Aimee Allen won first place overall for the 6-12 age-group for a solo and Marlei Martinez won first place overall for the 13-18 age-group for drama. (Photo by Staff Sgt. Michelle Michaud)

Force shaping calls for leadership by example

Chief Master Sgt. Gary Coleman
USAFE Command Chief
Master Sergeant

RAMSTEIN AIR BASE, Germany (USAFENS) – As we all know, the Air Force is going through a force shaping that's mandated by law. The law requires us to reduce personnel manning numbers. When it's all said and done, by stopping accessions and limiting the number of new recruits, Air Force manning will be reduced by more than 22,000 people.

Without fresh recruits coming from basic training, tasks traditionally performed by airmen basics are now resting on the shoulders of our airmen first class and senior airmen creating a ripple effect into the Noncommissioned Officer tier. This effect will dissipate over time as we put this brief recruiting freeze behind us, but will challenge us all in the short term – particularly our mid-level NCOs.

Today's NCOs are at the core of everything we do; making the Air Force "go," day in and day out. Our staff and technical sergeants rep-

resent the bulk of the enlisted force structure, performing above expectation almost routinely in positions above them. They are filling key leadership billets previously only filled by Senior NCOs, and still they're the ultimate technicians. They perform highly complex technical duties, while at the same time supervising and mentoring the next generation behind them.

Force shaping calls for leadership by example, something our current crop of mid-level NCOs do best. They understand the roles and responsibilities that define them must be as flexible as possible. Through this flexibility, they can stretch beyond their normal limits and meet the next task on the horizon head on.

This temporary recruitment freeze will bring challenges of its own, even as it helps us shape a more efficient force structure. Whatever challenges it brings, I know our NCO corps is up to the task, because it has been tested time and time again and has never failed to perform. Using leadership and dedication, today's NCO continues to lead the way.



National Library week



(Above) Ana Fernandes, librarian assistant, reads a story to Bethanie Hasberger, Kiaria Whittaker and Carlo Marroquin during an Open House at the library April 15. April is National Library Month.

(Left) Whitnee Whittaker helps her daughter, Kiaria, color a picture for the coloring contest at the library April 15. (Photos by Guido Melo)

Focus notes

Combat Touch

All events are at the base chapel unless otherwise noted.

Children and Youth Movie Night is at 7 p.m. tonight. For more information, call Chaplain (Capt.) David Knight at 2-4211.

Single and unaccompanied members' dinner, hosted by the 65th Logistics Readiness Squadron, is at 5:30 p.m. Thursday.

First Communion Workshop is at 5:30 p.m. April 30. For more information on these events, call Chaplain (Capt.) Matthew Glaros at 2-4211.

A violin concert with classical & religious classical music is at 7 p.m. April 30. For more information call Chaplain (Lt Col.) Michael Coggins at 2-4211.

Library contest

The USAFE bookmark design contest for children grades K-12 is ongoing through the end of April.

For more information, call the library at 2-3688.

Idol winner to be selected Saturday

RAMSTEIN AIR BASE, Germany – Eight finalists for the first U.S. Air Forces in Europe Idol Talent Contest have been selected and will perform at the USAFE-level show Saturday at 7 p.m. at the Ramstein Officers' Club here.

Community members are invited to the final showdown, which is free and open to all Department of Defense I.D. cardholders, family members and guests. Performers vying to be named the next "USAFE Idol" will be:

Senior Airman Elsie Lengyon, Lajes Field, Azores

Senior Airman Rhonda Smiley, Aviano Air Base, Italy

Master Sgt. Irand Denton, Royal Air Force Mildenhall, England

Staff Sgt. Charles Klode, Menwith Hill Station, England

Master Sgt. Tony Anthony, Naval Air Station Keflavik, Iceland

Maj. Larry Speer, Ramstein AB, Germany

Senior Airman Michael Lemorie, Spangdahlem AB, Germany

Tech. Sgt. James Mull, Incirlik AB, Turkey

"Keeping the performances lively and

the judges on their toes will be emcee Tech. Sgt. Chris Vadnais from AFNEWS Detachment 8, Aviano AB, Italy," said Mandy Smith-Nethercott, HQ USAFE Services marketing chief.

The USAFE-level performers were all first place winners of recently held base-level Idol shows. They've spent three days at Ramstein attending workshops with professional musicians and vocalists, before performing at the USAFE-level show. The performers will sing one song before the USAFE panel of judges. From that initial performance, the pool will be decreased to the top five contestants. Those top five will perform one additional song before the same panel of judges. The winner will be announced the evening of the performance and will earn the title "USAFE Idol."

The USAFE Band ensemble Touch 'N Go will provide live musical accompaniment for the performances, as well as entertainment during the USAFE-level Idol show.

Additional information about the final contest is available at the USAFE Services Marketing and Entertainment website at www.usafesvsmarketing.org.



Enlisted celebrate heritage

Crossroad staff

Enlisted members can celebrate their heritage at one of the oldest military traditions April 30 during the Enlisted Dining Out at the Top of the Rock Club.

The Air Force traces the start of the dining out tradition to General H.H. "Hap" Arnold and his famous Wing-Ding parties at March Field in 1933.

The American military dining out custom originated in ancient England and developed from the victory celebrations of Roman legions and Viking warlords. With the exception of the guards and look-outs, the entire Roman unit or Viking clan would attend.

The leader took the place of honor with other warriors seated in descending order of rank on his left or right.

Later the tradition spread to Saxon nobles and then to medieval monasteries.

The monks had their form of dining out as a daily part of monastic life.

Although the colonies threw off the chains of British tyranny in 1776, the fledgling American mili-

tary retained the dining-in custom.

The Continental Navy and Army officers realized the pride of service, high morale and loyalty provided by a dining in.

The close association of British and American officers during World War II brought the format and protocol of the Army Air Corp dining in more in line with the English tradition; more structured than General Arnold's Wing-Dings.

In modern times, the dining in expanded to include spouses and guests, and became the dining out.

Once at the mess, there are rules that must be followed or there will be consequences.

The penalty for a rules infraction is a visit to the grog bowl, a nauseous concoction usually available in two flavors: alcoholic and non-alcoholic.

The President or Mister Vice directs a violator to the grog.

The individual will proceed to the grog promptly, squaring all corners in a military fashion.

The dining-out is a formal military custom steeped in tradition and fun.

Rules for the Mess:

1. Thou shalt arrive within 10 minutes of the appointed hour.
2. Thou shalt make every effort to meet all guests.
3. Thou shalt move to the mess when thee hears the chimes and will remain standing until seated by the President.
4. Thou shalt not bring cocktails into the mess.
5. Thou shalt participate in all toasts unless thyself or thy group is being honored with a toast.
6. Thou shalt ensure thy glass is always charged while toasting.
7. Thou shalt keep toasts and comments within the limits of good taste. Degrading or insulting remarks will be frowned upon by the membership. However, good-natured needling is encouraged.
8. Thou shalt always use the proper toasting procedure.
9. Thou shalt not murder the Queen's English.
10. Thou shalt fall into disrepute with thy peers if the pleats on thy cummerbund are inverted.
11. Thou shalt also be painfully regarded if thy clip-on bow tie rides at an obvious list. Thou shalt be forgiven, however if thee also rides at a comparable list.
12. Thou shalt not consume thy meal in a manner unbecoming gentlepersons.
13. Thou shalt not laugh at ridiculously funny comments unless the President first shows approval by laughing.
14. Thou shalt express thy approval by tapping thy spoon on the table. Clapping of thy hands will not be tolerated.
15. Thou shalt not question decisions of the President.
16. Thou shalt not leave the mess whilst convened. Rules of protocol override all calls of nature.
17. When the mess opens or adjourns, thou shalt rise and wait for the President and guests to depart.
18. Thou shalt enjoy thyself to the fullest.

Rules for the grog:

1. Salute the grog
2. Fill the grog cup at least 1/3 full
3. Say, "To the Mess!"
4. Drain the cup without removing it from the lips
5. Tip the cup upside down over the head
6. Return the cup to the table
7. Salute the grog
8. Execute an about face and return to seat.

LHS students participate in speechfest

**By Jeff Rickert
Lajes High School student**

It's spring again, and for students at Lajes Middle and High School, that means Speechfest is coming up. Grades six through twelve at LMHS will be participating in the second annual Speechfest Tuesday-April 29.

The program is part of the high school's School Improvement Plan, which focuses on teaching students proper speaking and listening skills.

The event has been brought back due to its successful debut last year, but this time with a few changes.

Speechfest entries are limited to topics covered in classes that students are taking this school year.

The program's basic structure however, has not changed. All LMHS students will be required to submit and perform two pieces from different academic areas.

These performances are a way for teachers to measure how Lajes Middle and High School students are meeting the SIP standards for speaking and listening, and are part of a coordinated effort with SIP sessions to improve those skills.

Entries in this year's Speechfest will

be judged by a combination of parents, teachers and students.

Perhaps the most anticipated feature of Speechfest is the culmination of the week's activities in a presentation at the base theater at 1 p.m. April 29.

Finalists from each category will perform for the entire school, faculty and parents, and awards will be given out to recognize students for exceptional performances.

Parents are encouraged to come out and support this event, which promises to be exciting for students at Lajes Middle and High School.



Spring break fun at LYP!!



(Top) Patrick Gallagher receives a plate of food from a youth center staff member during a cookout at the Lajes Youth Center April 15. (Photo by Staff Sgt. Michelle Michaud)

(Above) Michele Weidemann, LYP staff member, helps Orion Childers, Justyss Chi and Keirra Fields pick out a prize from the treasure box during a treasure hunt at the youth center during spring break.

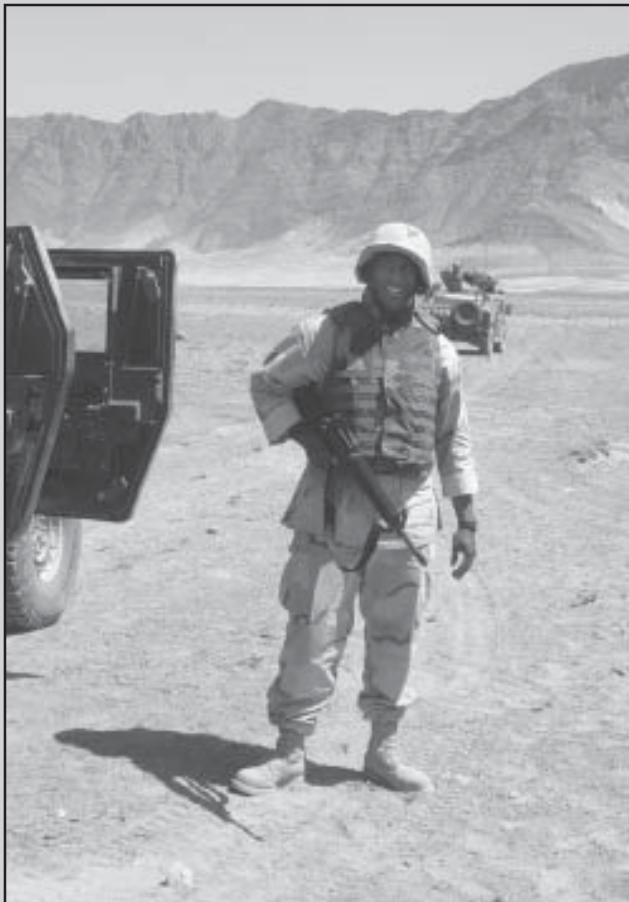
(Right) Glenda Cornillie, LYP staff member, reads a clue to Andi Hopkins, Morgan Cornillie and Kirsten Cambell to help them know where to go next during the treasure hunt. (Photos by Janet Riordan)

More than 35 children attend the Spring Camp at the LYP April 11-15. The children celebrated a different theme each day including Safari, Wild West, Fiesta, Pirate and Luau day. The children also went on field trips to the Lactilheu, an Azorean ranch; a yogurt factory; a picnic at Zona De Lazer De S. Bras; Praia beach; a textile factory; the bowling center and library for story time.

New job for the day



Staff Sgt. Larenza Smartt, 65th Logistics Readiness Squadron member deployed to Afghanistan, accompanied the explosive ordnance disposal team to destroy confiscated ammunition. When Sergeant Smartt isn't helping to blow stuff up or handing out toys and goodie bags to children (cover of April 8 Crossroads), he works in administration and as a work group manager for the 455th Expeditionary Mission Support Group at his deployed location. (Courtesy photos)



Airmen disciplined for AFIM misuse

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON — Air Force officials are taking a hard look at the misuse of the Air Force Instant Messenger service on Air Force Portal.

Airmen were found violating standards of conduct prompting officials to clarify responsible communication over the service.

"Air Force Portal users took offense to the inappropriate comments made by 11 individuals and reported the misuse to local helping agencies," said Maj. Anthony Sansano, Air Force military equal opportunity chief. "It's a readiness issue. Unprofessional communication is contrary to good order and discipline and counterproductive to mission accomplishment."

Of the 11 Airmen reported, six have received some form of administrative or disciplinary actions.

One Airman received a letter of reprimand,

an unfavorable information file and was removed from command on the basis of inappropriate dialogue in a chat room.

Five Airmen received actions ranged from a verbal counseling to letters of reprimand, and five others are still pending actions.

The growth of the instant messenger in civilian society has developed an "anything goes" culture where people may say and do things they would not do in person, said Maj. David Gindhart, Air Staff lead for the Air Force Portal.

"As with telephone calls or e-mail, the instant messaging and public and private chat rooms are subject to limitations and monitoring at all times," Major Gindhart said.

Also, users have a few ways to monitor and correct misuse on the messenger.

"Airmen are encouraged to deal with issues at the lowest possible level which can be as simple as (instant messaging)

the individual and telling them to stop," Major Gindhart said. "Users also have the option of clicking the 'report misuse' button, which prompts them to identify the offending (individuals) and the type of inappropriate use."

The report and the chat room transcript will be routed to the alleged offender's commander for action."

In addition, while the instant messenger supports informal dialogue, the Air Force military rank structure establishes expectations for responsibility and accountability.

Two Air Force instructions govern appropriate or inappropriate use of government information systems.

Air Force Instruction 33-129, Web Management and Internet Use, covers the use of Internet resources by government employees. Military Equal Opportunity, AFI 36-2706, describes the limits of professional communication.



Use it or lose it

By Col. Michael Silver
65th Mission Support Group commander

My deputy and his family just returned from a week vacation in America—my contracting commander and family spent a week in Eastern Europe—my logistics commander just took five days off to bum around the house with his six girls—and I just returned from a week in England with my family.

Uncle Sam gives you 30 days each year. Don't save that stuff—you earned it dearly—now please enjoy it! Don't be the active duty member who brags about how many days of leave they'll lose come Oct 1.

Those who lose leave each year are only cheating themselves, their family and their work mates.

Each year, you earn 30 days for your hard work and dedication to the mission. The return on your investment is minimized if you don't take that vacation time.

Except for rare situations, each of us has ample opportunities to reap the benefit of time earned off. Everyone needs a chance to recharge their batteries.

I consistently see a more productive Airman after vacation. They have a smile on their face, a bounce in their step and more energy to get the job done right.

Wasting your investment not only cheats yourself, but it also robs your family. Our Air Force today is demanding, no doubt about it. We expect a lot from both those who deploy and those who keep the mission going at home station.

In most cases, the mission cannot be done in 8 hours a day, 5 days a week. It's that time off, away from the work environment, which you owe to your family.

For your long, hard hours away at work, they deserve your undivided attention from time-to-time. They want you to themselves, away from the phone, the e-mail and the stress. Don't cheat them out of your most precious gift ... you.

Although it's not as obvious, not taking those leave days is unfair to your work mates too; this is especially true if you're the boss.

As the 65th Mission Support Group commander, if I fail to take my leave, then I send an implied message to my seven squadron commanders.

It can spread like cancer throughout the entire organization, making all the Airmen in the group feel uncomfortable to take their leave because the boss doesn't.

Last week, during my family trip to England, I saw one of the majors in my group. He casually mentioned, "It's good to see you take some time off." A simple comment, but so very true.

I had a great time, sent a good message to those who work for me, and let my deputy know that I trust him while I'm off playing.

I recall a newcomer orientation when I was a squadron commander.

This lieutenant colonel was in my office for about 15 minutes when he said he had 45 days of "use it or lose it" leave. I said, "Before you walked in here, we were functioning just fine. Come back in a few minutes with your leave statement because you're now on 30 days of leave. When you return, have a plan for the remaining days."

Those who fail to plan their leave appropriately and expect to take it at year end are being unfair to their peers who planned better. And with this year's September Unit Compliance Inspection coming up, those who don't take their "use it or lose it" leave early will probably lose it.

Additionally, we need you at your best throughout the year and that comes by recharging your batteries at regular intervals. Work out a plan early with those in your workplace so each of you can make the key events in your respective lives while keeping the office properly manned.

One final comment about taking leave, do not game the system.

Thirty days each year is plenty of days to follow the rules. All too often, I hear of a "line of duty" determination because someone got hurt when they should have been on leave, or they got caught lying about their leave days. Don't let that be you! Correct those who are not following the rules.

Leave is a super return on your investment for serving in our awesome Air Force. Don't cheat yourself, your family or your teammates by losing any days come Oct. 1.

We all can better maintain our reputation as the premier Air Force in the world when we are at our best ... taking leave is a key ingredient to that success.



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Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

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The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at news@lajes.af.mil.

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Day of Liberty in Portugal

The Portuguese people will commemorate one of their most meaningful holidays, the Day of Liberty, Monday.

This date commemorates the April 25, 1974 military coup that put an end to 47 years of right-wing dictatorship and unhappiness.

The coup occurred when a group of Portuguese military officers overthrew the oppressor regime of Dr. Marcelo Caetano, who had replaced Dr. Antonio Salazar in 1968 due to a disabling illness.

The coup was known as the "Revolution of the Carnations" because the people placed carnations in the soldiers, sailors and airmen's gun barrels and also because the revolution was marked by the absence of bloodshed or major violence.

Only a small incident stained the revolution when members of the secret police, DGS, opened fire against civilian demonstrators causing a few casualties.

During the right-wing dictatorship period, the majority of the Portuguese people and military officials were discontent with the regime's political and economical situation.

Dissension grew worse with years of what some thought was a senseless war in the African colonies of Angola, Mozambique and Portuguese Guinea. It seemed to many that there were no possible solutions - political or military - at sight.

Then a group of young captains planned the coup with the objective of giving democracy back to the people, ending the overseas war and allowing the people of the Portuguese-African provinces the right to become independent and carry out their own destiny.

In the early morning



hours of April 25, 1974, a previously banned protest song, entitled "Grandola, Vila Morena" was aired on a Portuguese radio station, giving the secret signal to the rebellious military to move toward the country's capital, Lisbon, and oust the government.

By the end of the day, the military calling themselves the Armed Forces Movement had defeated the forces loyal to the old regime and offered the country a much-anticipated democracy.

As news of the coup spread, large crowds gathered in Lisbon and other cities around the country. People enthusiastically applauded the military that put an end to a decrepit regime giving hope for a brighter future.

The restoration of democracy, which had been taken in 1926 when the military dictatorship was instituted, opened the road to the independency of the former Portuguese colonies and also allowed the archipelagos of the Azores and Madeira to become autonomous regions and have their own governments, while respecting the national sovereignty.



Everyday Hero

Zeran Maddox

65th Services Squadron

Duty title: Acting Human Resources Officer

Job description: Manages the NAF Human Resources Program.

Time in the Air Force: Active Duty - 4 yrs and then Air Force Reserves - 4 yrs.

Time at Lajes: 1 yr, 1 month

Spouse/children: Husband - Eddie, 2 yr old Son - Darrien

What's the best aspect of your job: Meeting new people.

What are your career goals: Retire in a career I enjoy.

Best Air Force experience: Traveling

Life goal: To have no regrets, and to be happy.

Hometown: Makakilo, Hawaii (on the island of Oahu)

One word to describe you: Outgoing

Hobbies: Exercising and spending time with my son

Favorite foods: Sushi, Hawaiian and Seafood

Favorite color: Black and yellow... but not to be worn together because you'll look like a bumble bee.

Pet peeve: People that gossip

No one knows: I drive motorcycles ... I sold my Ninja, Kawasaki before moving here.

When I was growing up, I wanted to be: an inventor

If I could have only one kind of food, it would be: Coconuts

The first thing I would do if I won a

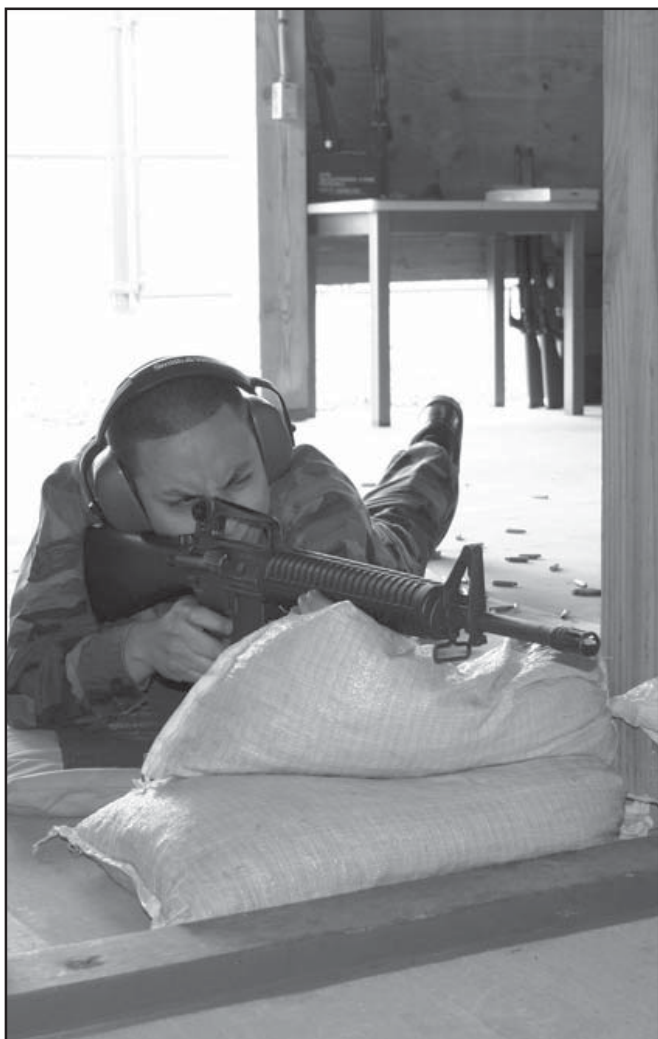
\$1,000,000 is: Scream with shock ... then take a vacation.



SFS protects Team Lajes



(Above) Boo, 65th Security Forces Squadron military working dog, attacks Tech. Sgt. Craig Fagen, 65th SFS kennel master, while Senior Airman Kurt Lugar, 65th SFS detection/patrol team, calls out commands to Boo during a training scenario. Boo is a 3-year old Belgian Malinois who has been working for the Air Force for two years as a detection/patrol dog. He is one of four dogs assigned to the 65th SFS. The dogs' explosive/narcotic detection capabilities are vital assets to the base security. (Photo by Tech. Sgt. Rafael Pena-Perez) (Right) Tech. Sgt. Andrew Williams, 65th SFS, receives training on how to use an expandable baton from Staff Sgt. George Shepherd, 65th SFS. Sergeant Williams has been assigned to Lajes for less than a month. (Photo by Guido Melo)



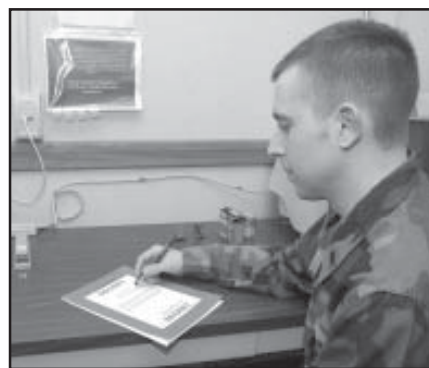
(Above) Staff Sgt. Bradford Johnson and Tech. Sgt. Lynn Miller, 65th SFS Combat Arms, draw circles on a target for the firing range. Sergeant Miller teaches up to two combat arms classes per week. (Photo by Guido Melo)
(Right) Senior Airman Andres Hernandez, 729th Air Mobility Squadron, aims for his target during his combat arms class Tuesday. The combat arms classes are limited to seven people because there are only seven firing points on the range. It is mandatory that all active duty members qualify with the M-16 once every 30 months, some career fields must fire every 15 months or even twice a year. (Photo by Tech Sgt. Rafael Pena-Perez)



(Above) Tech. Sgt. Matthew Bartram, 65th SFS flight chief, briefs Staff Sgt. Joshua White, Staff Sgt. Edgar Castro and Airman 1st Class Hayes Draper before they start their shift. During the briefing they cover vehicle safety, weapons safety, use of force, aircraft currently on station, any changes to the security mission, required facility checks and all other information that could effect combined US-Portuguese operations.

(Above right) 1st Lt. Micah Bartron, 65th SFS unit anti-terrorism officer, reviews counterterrorism intelligence. As the ATO, Lt. Barton is in charge of gathering anti-terrorism information pertinent to Lajes Field and meeting at least weekly to discuss issues with the wing ATO and AFOSI.

(Right) Staff Sgt. Joshua White, 65th SFS, and Segundo Cabo Nuno Araujo, AB#4 Esquadra de Policia Aerea, review required checks for the shift before they begin their shift. While on their shift, they check both U.S. and Portuguese facilities and conduct crime prevention patrols of U.S. and Portuguese areas. (Photos by Guido Melo)



Lajes Post Office delivers

By Lt. Col. Kimberley Ramos
65th Communications Squadron

Many folks at Lajes are curious about the challenges the post office faces here and would like to know how Team Lajes can help the post office speed up the process of delivering their mail.

Mail from the U.S. arrives on flights from McGuire Air Force Base on Sundays and Wednesdays, which means that on Mondays and Thursdays a majority of the postal Airmen are working on sorting, marking and delivering notices into mailboxes. These are the days the post office typically runs out of floor and shelf space to post packages, so mail needs to be picked up as soon as possible.

To add to the space situation, new personnel arriving on station have the tendency to leave boxes they sent prior to arriving here at the post office until they find housing. New arrivals can help by picking up their mail promptly to keep the post office from running out of room and keeping the delivery process moving.

In addition, every Monday through Friday the post office receives mail coming from outside the U.S. at the Portuguese airport. This mail is delivered on a space available basis and does not arrive consistently. Space available means that if the commercial plane is full of passengers and cargo, mail will not be delivered for both Portuguese and U.S. residents. Local

telephone and internet bills are delivered on those flights. So this is why your bill is sometimes late.

The post office personnel and volunteers will always post the mail as soon as it arrives, but there are some events that disrupt mail flow.

The main culprit is bad weather here or on the east coast of the U.S. If the flights don't arrive or trucks can't get to McGuire AFB due to snow, then mail will not be delivered until the weather clears. If the winds are too high here, mail will not be posted because it's not safe for 729th Air Mobility Squadron personnel to operate forklifts and postal trucks are not safe to drive in high winds.

Incorrect or incomplete mailing addresses can also prevent the post office from delivering mail. However, rest assured that the post office will open and work extra hours to deliver mail if mail flow is disrupted.

The post office survives on volunteers who are needed mostly on Mondays and Thursdays when the large delivery from McGuire AFB is sorted. Because volunteers are vital to operations at the post office, they are asked to sign in and out so they can be recognized through the Hidden Heroes program.

Although post office personnel and volunteers work feverishly to deliver Team Lajes its mail, there are a few simple rules of thumb that will help them provide even better service.

First, everyone's contact information needs to be up to date. One of the post office staff's greatest challenges is determining where packages with incorrect information should be delivered. If the post office doesn't know where to deliver it, the mail has to be sent back to the sender.

Second, the staff needs to know when someone is going on leave or TDY so they can hold their mail.

Third, let the post office staff know if there are multiple last names in a household because the last name of the mailbox's recipient must match the last name on any mail delivered to it. Mail addressed to names not listed on a box will be returned to sender.

Finally, if mailing more than three boxes, make an appointment.

Although I've only addressed a small part of postal operations, I hope this helps Team Lajes understand how they can help the post office staff deliver the mail we all rely on so heavily here faster. For more information or questions, please contact the post master at 2-4251.

Parcel pick up hours are 10 a.m.-5:30 p.m., Monday-Friday; and 10 a.m.-2 p.m., Saturday.

Finance is open 10 a.m.-5 p.m., Monday-Friday; 10 a.m.-2 p.m., Saturday.

The registry section is open 10 a.m.-4p.m. Monday-Friday.

The official mail center hours are 10 a.m.-5 p.m., Monday-Friday.

Fire extinguishers a must in homes

By Gus Simoes
Deputy fire chief

Every military family house should be equipped with a portable fire extinguisher. When considering where to place the extinguisher, start by identifying the areas where a fire could start and how quickly and safely it is to access the extinguisher location.

Extinguishers should be placed in plain view. Do not store extinguishers inside of cabinets or in areas where children may be able to reach them.

Fire extinguishers should be mounted near exits. This will help one decide whether to fight the fire or leave the area.

Everyone in the family who should know how to use the extinguisher needs to be trained to perform the tasks required when using a fire extinguisher. The Base Fire Department can assist with these decisions. For more information about fire extinguishers, call 2-3372.

All fires must be reported, regardless if they were extinguished or not. Call 295-

571-911 to report fires.

Extinguisher tips:

Portable Fire Extinguishers apply agents that extinguish fires by one of three ways, cooling the product that is burning, restricting or removing the oxygen, or interfering with the chemical chain reaction that creates fire.

There are three classes of fires:

Class A: Fires that are considered ordinary combustibles such as wood, paper and rubbish. These fires can be extinguished with an ABC Dry Chemical or water-type fire extinguisher; however, water is the preferred extinguish method.

Class B: Fires that involve flammable or combustible liquids, such as cooking oils, gasoline and fuel oil. These fires can only be extinguished with an ABC Dry Chemical Extinguisher. Do not attempt to use water to extinguish these types of fires.

Class C: Fires that involve live electrical equip-

ment or wiring. If possible, try to unplug such equipment, but DO NOT put yourself at risk by doing so. Class "C" fires can only be extinguished with ABC Dry Chemical Extinguishers. Do not attempt to use water extinguishers on class "c" fires.

There are many extinguishers available. The type that is available for military family housing is an ABC, multi-purpose, Dry-chemical extinguisher. This means that it is suitable for all three types of fire; however, keep in mind that an extinguisher of such size only lasts around 12-15 seconds to discharge.

As a rule of thumb, if a fire is bigger than you, just get out, close the door behind you and call the fire department from a safe location.

Before deciding to use a fire extinguisher, remember these points: Fire is small and confined, building is being evacuated and the fire department has been notified by calling 295-571-911.

Military family housing occupants are responsible for

portable fire extinguishers. When you accept the house, make sure it has a charged extinguisher with the gauge in the green zone.

If the extinguisher is discharged or loses pressure, the gauge will be in the red zone, it is the occupant's responsibility to bring it to the fire department to be recharged immediately.

The fire department will provide a loaner for each extinguisher that is under maintenance.

The occupant must bring the loaner back to the fire department when the extinguisher is ready to be picked up. At the final acceptance inspection, housing will verify if the extinguisher is available and in good operational condition.

Please make sure you take proper care of your portable fire extinguisher. They may eventually save your life or the life of someone of your family or neighborhood.

For more information, contact the Lajes Field Fire Department at 2-3372.

Chapel services

